

EXPLORING POSSIBLE INDICATORS AND LEVELS OF STRESS AMONG CRIMINOLOGY STUDENTS

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ABSTRACT

The study is about ‘Exploring Possible Indicators of Stress Among Criminology Students’ which aimed to determine the indicators of stress among students when taken per category as physical, behavioral, emotional, sleep and personal habits; and determine the specific indicators of stress based on the five different categories of stress. Results showed that that college students have *low* levels of stress on the whole in categories of physical, emotional, sleep and personal habits but none on behavioral indicators. But all items found in the Personal Habits and Emotional Indicators are indicative of stress at varying levels. However, when taken by category, Personal Habits and Physical Indicators registered to have the highest levels of stress based on the mean scores. Furthermore, students showed *high* level of stress in two specific items of Physical indicators category associated with severe or chronic back pains and muscles spasm on the face, neck, jaw, and shoulders respectively. Although when taken as a category, Behavioral indicators fall under low levels of stress but some specific items within this category registered Medium level of stress which are having to many things to do or many backlogs and coming late to school or classes. It could be concluded that when taken as a whole Personal Habits, Physical, and Emotional Indicators are telling of Stress on the whole with higher mean scores than the rest respectively. But as to specific Indicators per category, Personal Habits and Emotional Indicators showed to be all telling as indicators of stress at varying levels.

Keywords: Categories of stress, college students, specific indicators, levels of stress.